

Disability & Health Disparities in Washington State

HEART DISEASE & STROKE

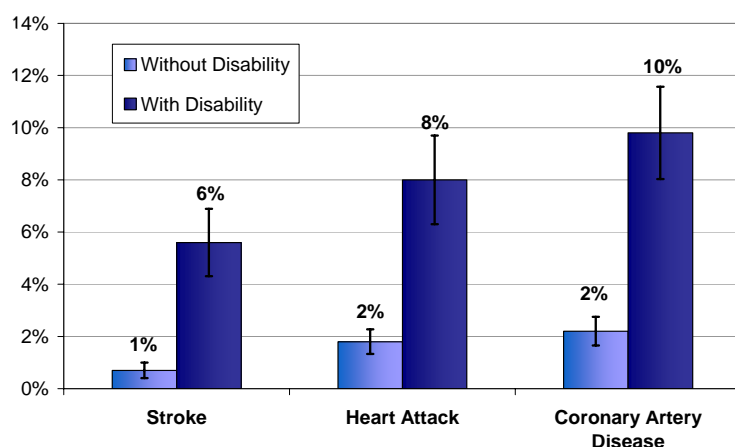
Behavioral Risk Factor Surveillance System (BRFSS)

Health Conditions and Habits

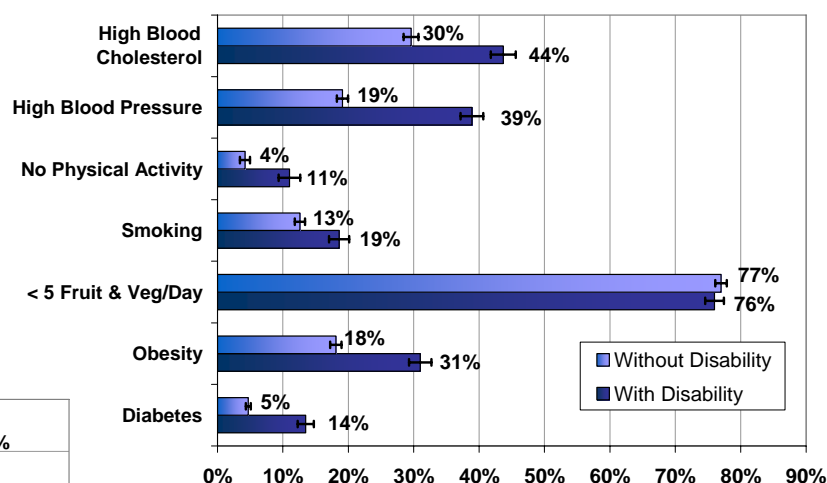
The occurrence of stroke, heart attack, and coronary artery disease was much higher among adults with disabilities than those without. This was the case even among people of the same age group.

In addition, people with disabilities were more likely to have health conditions or behaviors that put them at higher risk for heart disease and stroke.

Cardiovascular Diseases by Disability, 2004



Prevalence of Risk Factors by Disability, 2003 & 2004



Definition of Disability

A person with a disability was defined in BRFSS as someone who reported:

- Being limited in any way in any activities because of physical, mental, or emotional problems, or
- Having health problems that require them to use special equipment.

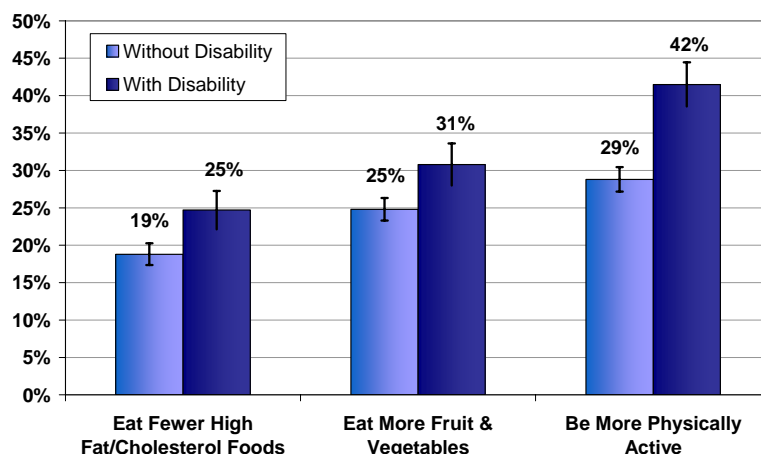
Who Gets Health Counseling?

It is thought that people are more likely to change their behaviors when counseled by a health professional. Compared to people without disabilities, people with disabilities were more likely to report receiving counseling to eat fewer high fat or high cholesterol foods, to eat more fruits and vegetables, and to be more physically active.

However, a person's age, level of obesity, and race or ethnicity were more strongly related to counseling than was disability itself.

All statistical comparisons discussed herein were significantly different at $p < .05$. Figures show the 95% confidence intervals around sample estimates.

Cardiovascular Disease Prevention Counseling by Disability, 2004



For more information, contact the Washington State Department of Health, Genetic Services Section at:
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